



# LOOKING BACK: A Self-Reflection

## Career Planning Worksheet

### WHAT CAREERS INTEREST YOU?

Of all of the people you've come into contact with, are there professions or careers that stand out? Which of these professions or careers interest you? Once you find a few interesting careers, do they seem satisfying to you? Make a list of your top five career/profession interests, then assign the major that you think best fits:

1. \_\_\_\_\_ Major: \_\_\_\_\_
2. \_\_\_\_\_ Major: \_\_\_\_\_
3. \_\_\_\_\_ Major: \_\_\_\_\_
4. \_\_\_\_\_ Major: \_\_\_\_\_
5. \_\_\_\_\_ Major: \_\_\_\_\_

### WHAT ARE YOU SKILLED AT?

What creative skills do you possess? Are you good at working with your hands, are you an artist, do you enjoy writing, or are you an incredible cook? What technical skills do you possess? Are you good at math? Do you enjoy working with computer software, circuits, or mechanical devices? Are you good at memorizing things? Make a list of your top five skills, whether creative or technical, then assign a career that you think best fits:

1. \_\_\_\_\_ Career: \_\_\_\_\_
2. \_\_\_\_\_ Career: \_\_\_\_\_
3. \_\_\_\_\_ Career: \_\_\_\_\_
4. \_\_\_\_\_ Career: \_\_\_\_\_
5. \_\_\_\_\_ Career: \_\_\_\_\_

Linking interests with careers and careers with majors can help you make sense of everything. Use this information to determine what major is best for you. Do you have an academic advisor or professional mentor who can help you sort all of this out?

Academic advisor's name: \_\_\_\_\_

Professional mentor's name: \_\_\_\_\_

